



Celebrating
Birthday's In
May

Teresa H. - 7
Lonra H. – 11
Kathy M. - 15
Marie D.- 28



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF’S COOKING DEMONSTRATIONS

07

Baked Potato Bar

You can never have too many toppings on a potato!

21

Taco Bar

Take a trip with us as we travel across the border!

Summer Pasta Salad

Ingredients:

- 1 pound rotini pasta
- 1 red bell pepper, chopped
- 1 small zucchini, sliced
- 1 small red onion, sliced
- 1 (2 oz) can sliced black olives
- 1 (6 oz) can artichoke hearts, drained
- ¼ cup chopped fresh broccoli
- ½ pound pepperoni, quatered
- ½ pound mozzarella cheese, cut into strips
- 2 cups Italian- style salad dressing, divided
- ¼ cup grated Parmesan cheese
- 2 tablespoons chopped fresh parsley
- 1 clove garlic, chopped

14

Burger Bar

Cheese, lettuce, tomato, pickle, onion- the possibilities are endless.

28

Summer Salad Bar

Summer can't get here fast enough!

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and rinse under cold water
2. In a bowl, combine cooked pasta, red pepper, zucchini, onion, olives, artichoke hearts, broccoli, salami, pepperoni, and mozzarella cheese. Toss until well mixed. Pour on one cup of dressing and mix well. Cool until ready to serve.
3. When ready to serve, toss with remaining cup of dressing, parmesan cheese, parsely, garlic and salt/pepper to taste. Garnish with tomato wedges.

\$1,000 RESIDENT REFERRAL BONUS

Have you shared your love for Waltonwood lately? When you refer someone to a Waltonwood community, they'll thank you for it - and then we'll thank you for it too! Ask for details!

LAKE
SIDE
CONNECT

MAY 2019



14750 Lakeside Circle, Sterling Heights, MI 48313
www.waltonwood.com | 586-532-6200
Facebook: /WaltonwoodLakeside



Happy Mother’s Day!

Happy May to you and yours!

As we enter into this new month, we hope for clear skies, sunny days, and warm weather. During this month of May, we are looking forward to inviting you and your family here for our annual Mother’s Day Luncheon. The lunchoen will be held on Saturday, May 11th. There are 2 seatings to choose from; 11AM or 1PM. Please, we ask for 2 guest per room, each guest costs \$15. Please see Mary at the front desk to let her know which seating you wish to attend. RSVPs are due no later that Friday, May 5th. Please see Jenna with any questions or concerns.

You may have noticed a new face around the building, Laureen Vollmer! She is our new Marketing Manager working alongside Courtney! We are looking forward to all of the friends that you introduce to us!

Additionally, we are introducing our Friday Happy Hour. You will be able to come down anytime between 3:30 and 5 to get a drink to enjoy while sitting with friends or to enjoy with dinner! Beer and wine will be available along with a signature drink. We will be enjoying Mint Juleps in honor of the Kentucky Derby. Come down to enjoy good conversation and to kick off the weekend! Hope to see you there!

COMMUNITY
MANAGEMENT

- Greg Cossaboom
Executive Director
- Meghan Kham
Business Office Manager
- Paul Gilleran
Culinary Services
Manager
- Mo Martinez
Environemental Services
Manager
- Brenda Mirowski
Housekeeping
Supervisor
- Nicole Gavas
Independent Living
Manager
- Jenna Durlock
IL Life Enrichment
Manager
- Courtney Rocho
Marketing Manager
- Laureen Vollmer
Marketing Manager
- Jaida McCree
Move-in Coordinator

EMPLOYEE OF THE MONTH: ANA SEVAJ

This month's EOTM comes from housekeeping. Ana is a well known face around the building and has a face that is always smiling! You can consider yourself lucky when Ana knocks on your door, ready to make sure everything is spic and span! There is never a day that goes by where she doesn't receive high marks from everyone one she meets. Stay Awesome Ana!



APRIL HIGHLIGHTS

05

Warbler Spring Sing!

Thank you for joining the Waltonwood Warblers for a short concert!

13

Easter Brunch

We hope that you and your family enjoyed the Easter Festivites!



17

Dyeing Easter Eggs

You're never too old to color easter eggs! Its tradition!

26

April Birthday Party

Happy Birthday, April Babies! Thanks for celebrating with us!



National Senior Health and Fitness Day

On Wednesday May 29th join with over 100,00 other older adults across the country as we celebrate National Senior Health and Fitness Day. Now in its 26th year, this annual celebration highlights the impact that staying healthy and fit has on our overall wellness as we age. This year's theme "Live and Thrive with Exercise", shifts the focus squarely onto the role that regular exercise plays in maintaining our health and independence. Mirroring the principles of the Waltonwood Forever Fit Program, National Senior Health and Fitness Day promotes the benefits of regular exercise while finding creative ways to incorporate it into your daily routine. From group classes to fitness center training and everything in between the Waltonwood Forever Fit Program can help lay the foundation for an active, healthy lifestyle. This May 29th join us as we celebrate National Senior Health and Fitness Day and show what it means to truly "Live and Thrive with Exercise."

TRANSPORTATION INFORMATION

All appointments/errands will be requested using the Appointment Request Slip only. Please get your slip at the front desk. Filling out a slip does not guarantee you transportation to that appointment/errand. Turn in your completed slip, including all necessary information i.e. Dr.'s Name/Errand location, address and phone number, appointment time and anticipated pick up time, to the front desk as early as you can prior to your appointment. All slips are considered on a first come first served basis. Please schedule Dr. appointments Monday through Thursday between 8AM and 3 PM. No appointments will be scheduled for Friday. No same day appointments. Please be signed up for weekend outings no later than the Friday before each outing.

Upcoming May Outings

Thursday, May 2nd- MGM Casino

Thursday, May 9th- Lunch and Shopping at Macy's Lakeside

Thursday, May 16th – Lunch at Sinbad's and Trip to Bell e Isle

Thursday, May 23rd- English Gardens Shopping Trip

Thursday, May 30th- Men's Lunch at Sugarbush Tavern

MAY SPECIAL EVENTS

03

Friday Happy Hour!

Join us every Friday from 3:30 to 5 and grab a beer, glass of wine, or one of our Signature Drinks!

11

Mother's Day Luncheon

Join us for out Annual Mother's day Luncheon!

16

Premier Physicians Care Meet & Greet- 6:45PM

Come meet the team!

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Memorial Moment

Join us for a moment of Silence, followed by a community celebration!



EXECUTIVE DIRECTOR CORNER

Dear residents, families, and friends,

Happy May to everyone! We have made it through the proverbial April showers, so hopefully we will see some wonderful May flowers very soon.

We are looking forward to getting outside as we get some consistent nice weather, and will have more opportunities to do outdoor activities very soon.

We had such a nice time with all of you at our Easter Celebration, and are excited to see all the mothers and other family members that come in for our event on May 11th. Please RSVP at the Independent Living front desk if you plan to come.

I hope everyone has an exciting, action packed, and safe month ahead. Summer is right around the corner, which means sunshine and FUN!

Sincerely, Greg Cossaboom, Executive Director